



Plan First

Virginia's Family Planning Health Insurance For Men and Women

Use this sheet for information purposes only.

You must turn in an application to your local department of social services (LDSS) to see if you qualify.

What is Plan First?

Plan First is a Medicaid program that pays for birth control and family planning services for women and men.

How Do You Know if You Qualify?

You must:

- Meet income guidelines (check online at www.planfirst.org);
- Live in Virginia;
- Be a U.S. citizen or a legal resident; and
- Not qualify for any other Medicaid full coverage

How Do You Sign Up?

1. First, get and complete an application form:
 - [Click here](#) or visit www.planfirst.org; or
 - Request a *Plan First* application from your local department of social services or health department.
2. Mail, fax or take your completed form to your local department of social services. Staff can help complete the form if you need it.
3. Once you qualify, you will receive a Commonwealth of Virginia health insurance (Medicaid) card in the mail, usually within 45 days.

What Does Plan First Cover?

Plan First covers yearly family planning exams. These include:

- Pap smears for women to screen for cervical cancer
- Sexually transmitted infection (STI) testing
- Lab services for family planning and STI testing
- Sterilizations (you must wait 30 days after signing a consent form)
- Most birth control methods with prescription; this include over-the-counter methods
- Non-EmergencyTransportation, which includes gas reimbursement, is covered to a family planning service or to pick up a prescription for contraception. Call 866-386-8331 for transportation assistance.

What Services are Not Covered?

- Treatment for any medical problems, including STIs and problems using birth control
- Repeat Pap tests due to abnormal results
- Hysterectomy or partial hysterectomy
- Treatment for infertility
- Abortions, including counseling or recommendations
- Exams not covered in your yearly family planning visit
- Emergency Air Ambulance and Emergency Ground Ambulance services

What if Plan First Doesn't Cover What You Need?

Call the Virginia Information and Referral line at "2-1-1" or visit online at www.211virginia.org for a list of providers that offer medical services at a reduced rate or sliding scale fee.